

# 5 easy steps to jump off your plateau!

## Opinion

Don't expect a magic pill to suddenly make you slimmer. Additionally, let's remember it is not all about the scale! Body weight can fluctuate by up to five pounds in a given day, so the amount you shed can easily get lost between not enough dietary fiber and roughage and water weight.

So what can you do to help transform your body?

## Drink water!

I know you have heard, over and over again, just how important water is when it comes to losing weight. Not only does it help to suppress appetite so you are less likely to overeat, but additionally, when you're dehydrated, your kidneys can't function properly, so the body turns to the liver for additional support. When the liver has to work so hard, the fat you consume is stored rather than burned off.

Water and fiber go hand-in-hand. Add fiber gradually and increase your water intake at the same time so you can eliminate the maximum amount of waste. Aim for about one-half your body weight in ounces every day, especially if you're exercising. You need water to regulate body temperature and to provide the means for nutrients to travel to your organs and tissues. It also helps transport oxygen to your cells, removes waste, and protects your joints and organs. Taking in too little water or losing too much water leads to dehydration. Symptoms of mild dehydration include thirst, pains in joints and muscles, lower back pain, headaches and constipation. A good rule of thumb is if you are thirsty – it is already too late, you are dehydrated!

## It's all about the protein!

There are plenty of studies that show high-protein diets result in weight-loss, at least initially. Protein enhances the feeling of satiety and prevents muscle-loss as you lose fat. You also have dietary thermogenesis, which is the energy you burn to process and use the food you eat. Your body uses more energy to metabolize protein than it does when it metabolizes carbs or fat. Therefore, higher-protein diets make you burn slightly more calories.

So, how much is enough? It depends on your weight, but most women should aim for 40-80grams. Greek yogurt (18grams) or a couple of eggs (13grams) for breakfast and a few ounces of lean poultry (25grams) or fish (22grams) or a heaping helping of black beans (15grams) or lentils (18grams) at lunch and dinner. A snack of a handful of raw almonds (6grams) It is really not difficult to get your recommended amount of protein and you will feel energetic and satisfied all day long!

## Get moving!

So you sit at a desk all day, that doesn't mean there is nothing you can do. There are workouts designed for desk-jockeys. You can get a pedometer and make sure you walk at least 10,000 steps a day. Park away from doors, use the stairs exclusively, get up and take the long way around to go for coffee or to the bathroom. You can sit at your desk and do leg raises or arm dips from your chair. You can sit on a

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**Susan Meyer**

CIM President, Canada

**Correspondence:** Susan Meyer, CIM President, 28241 Crown Valley Parkway, Suite F-415 Laguna Niguel, CA 92677, Canada, Tel 1888708SLIM (7546), Fax 18663733094, Email smeyer@cortislslim.com

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ball instead of a chair and work out your core all day long! You can also get up early or work out at noon or after work. We can come up with excuses all day long why we aren't more active, let's be creative how we can be! There is a new 7 minute workout available online. You can squeeze in 7 minutes some time – can't you??!

## Mind your stress!

Many people turn to comfort food and therefore pack on the pounds when they're under duress. The stress hormone, cortisol, triggers the fight-or-flight response, which is an appetite stimulant. In addition, it increases production of the brain chemical, neuropeptide Y, which increases cravings for carbohydrates. Excess cortisol slows down your metabolism and causes fat to be stored in the abdomen where it is harder to lose. Excess cortisol also leads to increased insulin production and has been shown to increase your chances of developing high blood pressure, heart disease, and insulin resistance.

Luckily, there are things you can do to help high cortisol levels. Exercise reduces stress and balanced, nutritious meals can repair the damage that stress does to the body. Having a social support network also helps reduce your stress load. There are supplements that help reduce cortisol levels. Personally, I have used CortiSLIM to reduce my cortisol levels. It has been extremely effective for me.

My journey can be seen here: <http://youtu.be/Kg28TNm2vNo>

## Eat organic!

For health conscious people looking to lose weight, adopting an organic diet is the best option. Recent studies show that naturally produced food has higher nutrition value to help people shed extra flab and lead a healthier life. With studies proving that pesticides cause weight gain in people, dieticians across the world are also promoting the more naturally produced food. Not surprisingly, therefore, an increasing number of people are switching to this type of healthier diet to stay in shape.

Apart from facilitating natural weight loss, naturally grown food is recommended for other benefits as well. Some of the other benefits of such food include the following:

- Vegetables and fruits grown naturally are richer in nutrition and have been found to increase lifespan.
- Naturally produced food is better tasting than the factory produce.

- c. Pesticides and chemicals in food have been found to cause health issues in kids. By turning to organically produced food, risk of health problems can be eliminated.
- d. Unlike the factory produce, livestock produced organically are fed and treated safely.

As growing health concerns make it essential for people to adopt a healthier lifestyle, moving onto a healthier and natural diet can not only aid in weight loss but also improve the quality of life to a considerable extent.

### **Put away the scale!**

Get away from the stress of weighing yourself all the time. It's not about the numbers on the scale – it's about how you feel in your skin.

How do your clothes fit? Try on your favorite jeans and shirt every 6-8weeks.

How do you feel? You should have more energy, sleep better and feel less stress

How much can you do? Keep a workout log to track how much weight you can lift or how far you can walk or run.

*Celebrate your success!*

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